

JOSHIAH

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March 2, 2008

Q and A

Joshiah: Well, now. Well, once again it is indeed a pleasure to be invited back into your vibrational level and we would remind each of you that, that there continues to exist for you that opportunity to be involved in that silent communication, that opportunity for you to express the intent to alter your consciousness. And you will find that as a result of the energy that you have created that it's quite easy for you to alter your consciousness. You have but to close your eyes and express the intent and you can enter into that altered state or meditative state of consciousness and in that altered state of consciousness, once again, experience that silent communication or exchange of information. And once again, as always, the choice is yours, absolutely.

Now. We spoke of you being involved in several incarnational periods or experiencing many lifetimes in this vibrational level. And you do so simultaneously, although once again, that becomes a very difficult concept for you to grasp. Many times in those incarnational periods you have—to refer to, once again, your belief in time and space—experiences that are carry-overs, if you wish, from previous lifetimes. It's not uncommon for an individual, for example, to be involved in many incarnational periods and to bring in to those incarnational periods certain identities that continue to exist, although perhaps changed slightly, but nonetheless to exist throughout many incarnational periods.

And that's not a difficult concept for you to grasp, if you believe in incarnation or reincarnation. Our friend Elias, for example, we interact with in other incarnational periods, is better known to us as Elijah. Through their request the individuals involved in this group we will refer to and continue to refer to him as Elias, which is indeed to validate your belief in time and space, an evolution of that name of Elijah into Elias and into this particular incarnational period as Ellis. And it's a reference of one particular identity that continues to be brought into other incarnational periods through choice, absolutely.

And that's not difficult for you to grasp, but what becomes much more difficult for you to grasp is that in other incarnational periods you don't necessarily bring

in that identity, but rather you might be involved in an incarnational period where you are an entity of the opposite sex. Not only might but do, absolutely, experience incarnational periods where you are involved in both genders, one or the other, whichever you choose to allow you to experience the emotions and feelings that are tied to that particular gender as a result of the physical attributes that you bring into that incarnational period. And you do so by choice.

And it might be even more difficult for you to understand that you experience as well not only opposite genders but all of the various races that exist throughout your Earth system, various belief systems. It would be rather ironic for the so-called Christians that exist in your present incarnational period to realize that in another incarnational period, that they exist in simultaneously, they are as well experiencing all of the other religions that exist throughout your entire vibrational level, throughout your entire Earth systems. Rather ironic, but nonetheless quite accurate.

And you experience those incarnational periods through choice. And once again, you bring certain attributes into various incarnational periods that are carryovers, if you wish, or that are connections to other incarnational periods, such as, choosing a name which is quite similar throughout various incarnational periods, and yet you experience others where that particular identity does not influence or exist at all in that incarnational period when you may be as an opposite gender in an entirely different dress and an entirely different location in your Earth system.

You also, as you come into these incarnational periods, have a tendency to be involved with other entities through other incarnational periods or through involvement with that entity in other incarnational periods. You've a tendency to choose to be involved in relationships with other entities that you have experienced relationships with in other incarnational periods and the relationships are not necessarily always the same. You may in one incarnational period be two entities that have a very intimate relationship and yet in another incarnational period you may be at opposite ends of the spectrum. You may be involved in incarnational periods where in one particular experience you are involved in a family group or you might be one of the parents of that particular family that you choose to be involved in. And it may be one of

either sex depending upon the particular incarnational period that you choose to be involved in. And in the other incarnational period you may be one of the siblings, where someone who has been a sibling in another incarnational period is now in this particular incarnational period one of your parents.

You choose. You choose to be involved with individuals throughout your existence in this vibrational level so that you can experience the feelings and emotions that are involved through the various types of relationships and interactions with those individuals as you switch the roles around, be they relationship related roles or be they gender related roles. Really doesn't matter, you switch at will and you do it quite regularly.

And once again, many times you are involved with a similar group of individuals and entities, not only within that so-called family membership, but with other relationships that you are involved in and interacting with. Absolutely.

And so, it becomes difficult for you to grasp that concept that you are absolutely in control and that those incarnational periods are occurring simultaneously, if you wish, or in the now. That the past and the present and the future exist in the now, for lack of a better terminology. In your altered states of consciousness, and we use the reference to your so-called dream state, to that level of consciousness, it has a difficulty because you automatically assume that you must be in that dream state, in that defaulted state of consciousness, in order to influence and make the decisions and make the choices and to make the agreements to interact with other individuals.

And so you believe that it only can occur when you're in that level of consciousness in relation to your belief in time and space. So you believe that, well, you have to go to sleep, and then as you go to sleep you go through the various levels of consciousness. When you enter into that deep dream state of consciousness, that it's at that level that you put in place the agreements and the contracts, and you agree to fulfill other individuals' needs and desires as they agree to participate in your reality creation so that you can experience a day-to-day activity or experience to validate your beliefs and to allow you to experience the emotions and feelings that are associated with that interaction. And so, you, once again, in your belief in time and space think, "Well, I must go to sleep and be in that dream state."

We simply use that explanation, that use of your vocabulary, to express the state of consciousness where you put in place the agreements, the contracts to validate your reality and to create your reality. You exist in all of the levels of consciousness simultaneously. You choose to ignore them in your awake consciousness state. This awake consciousness state where you're blocking out the rest of your consciousness is very difficult for you to sustain

and very difficult, takes a tremendous amount of energy, if you wish, for you to sustain this level of consciousness where you block out all of your other levels of consciousness.

But they don't disappear. You can't be separated from your own levels of consciousness anymore readily than you can be separated from your spark of consciousness that you are. You hide from it and you hide from those levels of consciousness where you make those decisions. You hide from that level of consciousness, that spark of consciousness that you are, that creates the reality to validate the belief systems.

We use the terminology that you do it in the dream state as an expression of a state of consciousness that you can attempt to grasp the understanding of how difficult it is to be aware of it while you're in your awake consciousness state. But it continues to occur at all times. It's not something that, well, you're awake and conscious and so suddenly this level of consciousness that creates the experience only happens and it only participates in the creation process when you are in the dream state, when you're asleep. And it's not that way. But it's that level of consciousness that you experience when you are asleep and in that deep dream state from which you create the reality from which you make the choices and the decisions, but it occurs in a continual basis. And there is this continual connection between your so-called awake consciousness state and all the other levels of consciousness that you exist in that you are experiencing, including—and this becomes difficult for you to grasp, absolutely—including what we refer to as the between incarnational state.

It's not something that only exists at certain levels or at certain time periods. It exists in the now. And so, as you enter into this new age and new energy and you believe, you believe, that it's within your capacity to consciously influence and to create your reality then that level of consciousness from which you create your reality validates the belief system. It exists simultaneously. It's working all the time. It's not something that, "Well, you went asleep and in a deep dream state you have all of these interactions," although we've used that analogy simply so you can get a grasp of the understanding of the level of conscious from which you create your reality, but it doesn't just occur when you're in the dream state. The dream state, that level of consciousness, is always there. It's always creating. It's always influencing and allowing you to experience the reality to validate your belief system. It's not something that's, "Well, I have to go to sleep in order to change this reality and if I hold a certain belief when I go to sleep then when I enter into that dream state at that level I'll make all of the agreements and I'll interact with other individuals and then when I awake I'll experience it."

It seems that way, but you see, ironically that level of consciousness, that so-called dream state of consciousness from which you create your reality, never sleeps. It doesn't go away. It is more valid and more active than what you are in your so-called awake consciousness state. As difficult as that [is] for you to understand, it is nonetheless a closer explanation to this creation process than is the explanation that you go to sleep to create the reality you experience in the awake state. The awake consciousness state, once again, is the most difficult state of consciousness for you to sustain, and you cannot sustain it indefinitely in your so-called time and space concept. There are limitations that you put on.

You understand absolutely that at some point you will go to sleep, and you understand as well that at some point in that state of sleep you will enter into the dream state. And you understand as well that at some point you will enter into what [we] refer to as the between incarnation state. You will die, in other words. You accept that as a belief system and an understanding. But we assure you that there is also at some point in your consciousness where you will make the choice to either continue existing in this vibrational level or to leave it. You will make the choice. Not some other entity. You don't have to learn a lesson. You don't have to advance. You don't have to become enlightened. You will make the choice. You are a spark of consciousness that creates your reality. You are advanced as it's possible for you to ever be, and you are as small as it is possible for you to ever be. You are all that is. Absolutely. You exist in each and every atom of your entire universe. Absolutely. And it's in that level of consciousness that's similar to what we refer to as the dream state, at that level of consciousness that you interact with other individuals.

You may have difficulty accepting that in your awake consciousness state, but yet each of you have experienced a knowing when you are meeting someone what you believe in your awake consciousness state to be the very first time, and yet for maybe only an instant there is an absolute connection and an understanding. It's like, "Oh, yes. I knew this person. I know this. I know what to expect." Some of you refer to it as *déjà vu*. It's like, "Oh, I've been here before." It's almost like a glimpse into that level of consciousness from which you create your reality and you make the agreements to interact.

The irony of it is that you at some level of your consciousness are interacting and recognizing and agreeing on a continual basis and you hide from it in your awake [and] consciousness state. A difficult concept to grasp, we understand absolutely, but one that's fairly accurate, nonetheless.

We've continuously suggested to you that the information that we express is information that you desire to hear. We don't have access to some

knowledge that's not available to each of you. Absolutely not. We've used the analogy many times that we exist in a vibrational level that's outside of your vibrational level and to believe that we somehow have access to knowledge that's unavailable to you is absolutely ludicrous. It's like you sitting in your house, in your home, and looking across the street at your neighbor and assuming that you know more about what's going on in your neighbor's house than what they do. Or that they know absolutely everything that you're involved in and participating in in your particular environment in your home. Ludicrous. It doesn't happen. It's not that it can't happen, but it doesn't happen because you choose to put in place, once again, that electromagnetic type of energy that limits your capacity to have that understanding. That electromagnetic type of energy also limits any entity existing outside of your vibrational level to have an interference in your creation process, in your vibrational level, and we are absolutely no different.

We have that ability to interact through our friend Elias because Elias and the other entities involved in this group choose to allow that to happen. We can't influence your reality. We simply express to you concepts that you desire to hear, information that is contained within each of you. We don't create or influence your reality and have absolutely no desire or capacity to do so. You create your reality. All of the information that you desire to hear is available to each of you. The difficulty is setting aside your consciousness and allowing your sub-consciousness, if you wish to use that terminology, to bring it in to your consciousness so that you can get a grasp of it and an understanding of it. [And] it's within your capacity to do so.

All of the answers that you desire to hear are contained within each of you. You have but to go withinside. You have but to look for it. You have but to believe. If you believe that it's possible for you to put your consciousness aside and to experience your sub-consciousness and to bring back into your consciousness state an understanding of that experience, it's completely within your capacity to do so. Absolutely. All of the information that you desire to understand is contained within each of you. You have but to believe. You have but to go withinside. You have but to express the intent. You create your reality, absolutely and entirely. You exist in each and every atom of your entire universe. Because you see, it's an illusion. It's an illusion that you create both as an individual and as a society, and as an entire human consciousness. You create this reality. You agree to participate in that creation and you exist throughout it entirely. You have but to believe and it is within your capacity to experience that. Absolutely.

When we enter into your vibrational level to the limited capacity that it's possible for us to enter into, we come as an invited guest, if you wish, and we welcome that

opportunity to experience a range of emotion and feelings that's not possible to experience in our vibrational level. And that's why we come, that's why we are here, because we welcome that opportunity to interact and to share and to learn from each of you, and particularly from our friend Elias. And in return, we allow Elias to experience certain feelings and emotions that are existing within our vibrational level. And so, it's a mutual exchange. It's a mutual beneficial experience and interaction for both of us, and once again, we welcome that opportunity that you would allow us to interact and to share with each of you.

You create your reality. The information that you desire to hear is withinside each of you. You have but to believe and you have but to go withinside to have that experience. And it's not difficult. Any difficulty that you're experiencing in your awake consciousness state is a validation of a belief system that you hold that makes it difficult. It's really that simple. You create your reality, you are the god that you search for, and you cannot fail. The rest is illusionary. You can and not only can but you do have whatever it is that you desire. Absolutely guaranteed, without exception.

Now, if you have any questions we would be willing to attempt to answer them for you.

Questioner: When you said we carry over from one ... or entities come to this vibrational level, this reality, we carry over our beliefs, like when you said like the abuse of a child, like that's a negative. Now, to change a belief you have to change reality to change a belief. Now, why does it carry over? From one incarnation to another?

Joshiah: It's not necessarily carried over, but one interacts with another and it's not necessarily a carryover. We use, once again, your belief in time and space to give you an example that when you end an incarnational period and you enter into what we refer to as the between incarnational period, you in that between incarnational period become quite aware, within still the limitations of the veil, of the possibilities that are available to you. You can choose to leave this vibrational level or you can choose to continue this vibrational level and to continue to exist in it through various incarnational periods. And from that point, from that level of your consciousness that we refer to, once again, as your between incarnational period, you choose to bring in certain beliefs into a particular incarnational period, beliefs that allow you to have certain experiences and to have certain day-to-day activities occur.

And so, you choose the beliefs. The belief may be that, "I want to experience a reality in which I am a victim." As difficult as that may seem, nonetheless, it's a choice that's made. And so, in order to experience that particular reality then one also brings in belief systems that you don't have the worthiness. You bring in belief systems that, indeed it's not possible to experience

self-love in your awake consciousness state. You bring in certain belief systems that are contained within what your scientists refer to as your DNA. And as you alter the energy around the DNA you activate or deactivate various aspects of the DNA. And as you either activate or deactivate you bring into or eliminate certain experiences in your awake consciousness state.

As you change the beliefs, and it's completely within your capacity to change a belief, when you change the beliefs you change the reality. It's never the other way around, although it many times seems like if you change the reality then as a result of changing the reality then suddenly, "Oh, there it is. You see, if I change the reality I now have a different experience and as a result of that different experience then I'll hold a belief that that's how it is."

Well, we would suggest that the belief precedes the reality. You see, in your awake consciousness state you believe the reality precedes the belief, but it's not that way. It only appears to be that way. It makes it more real. It makes it seem more out of your control if you hold that concept that, "The beliefs that I have are as a result of the experiences that I've had in my so-called awake consciousness state," and we would suggest that it's exactly the opposite. As difficult as it is to grasp that concept, the belief precedes the reality.

And as you enter into this new age and new energy many individuals are finding that as they hold a certain belief in their conscious state they can bring it into their reality. But it's not any different than it has been, it's just been more effective because you have chosen to change the so-called makeup, if you wish, of your vibrational level, of the energy that exists in your vibrational level.

And so once again, when an entity enters into an incarnational period you in your so-called altered state of consciousness and your between incarnational state make choices and you also make agreements and contracts. "Okay, we'll enter into this particular incarnational period and we will interact with this individual, who agrees to interact, to have that interaction and to have that experience." And here's another individual, "Oh yeah, well, that sounds really good. I think I'd like to be involved in that experience." So they agree, and so the whole concept of agreement is put in place, but all of the individuals that are involved agree to participate. It's not that one individual says, "Well, this is what I want to experience," and then [enforces] others to be involved in that experience as well. Not at all. When one holds a belief you have the tendency to attract individuals who hold similar beliefs so that you can validate each other's belief systems.

Some of your so-called sociologists have discovered that concept, that if you interact with certain individuals they believe that if you hold that interaction then that interaction will influence your reality. And it does, absolutely. But you must understand that the

interaction occurs as a result of first of all holding a belief system and then as you validate the belief system you experience the reality. It's never the other way around.

And so, in that altered state of consciousness, in your so-called between incarnational period, individuals look at all of the options for the types of experience that you can have in your so-called awake consciousness state. You may say, "Hmm, I think I would like to experience a reality where I am going to be a male in this particular incarnational period, and I would like to experience a reality in this particular area of our, the so-called Earth system. And I would like to experience a reality where I am a very dominant and forceful person."

And so, other entities are attracted to that particular choice of your belief systems and they agree to participate because they similarly hold belief systems that allow them to experience those types of reality and you similarly and as well are attracted to them and so you join and you form the realities. You form and create the illusion that allows you to have the experience when you believe you're not in control.

Entities that enter into the vibrational level and come into an incarnational period do so by choice. In that incarnational period you may experience what you choose, as your scientific terminology, to be hereditary experiences. It validates the illusion that you're not in control. You choose to be involved in that situation, and other entities agree and choose to participate and to be involved in that situation. And so, you experience a reality. You choose to come into a particular incarnational period with certain limitations or certain attributes that may not be limitations at all, that you might refer to and assume to be assets, but nonetheless, as a result of the choices that you've made you create the reality.

And once again, you put in place a tremendous amount of possibilities. You may have the possibility to experience, for example, what you refer to as hereditary diseases and some may experience them and some may not. Why is that? Your scientists can't explain it. It occurs because of certain choices and decisions that are made, of certain belief systems that you hold, throughout that incarnational period. And as you hold the belief system, and as you alter the belief systems, you activate or deactivate certain aspects of your DNA that either bring in or eliminate that possibility of experiencing that particular phenomena in that incarnational period.

We hesitate to give examples because individuals always look at it as an example and say, "Oh, that's me, you know." And that's not how it is and we don't expect you to accept that as being, "Oh, that's how it is." Our friend Elias would be very, very angry with us if we were to begin to tell you that that's how it is, absolutely.

But an individual makes a choice to come into an incarnational period and they would like to experience the possibility of having some type of a disease and we'll use examples of cancer, simply as our example. And so, contained within your DNA is this possibility that you would experience a cancerous disease in your lifetime. And your scientists would look at it and say it's hereditary because they can trace that element of your so-called hereditary disease into your ancestors. Well, that's not something that's just occurred by accident. Absolutely not. You have chosen to participate in that type of reality creation process and it's an influence that you choose to have and to participate in with your so-called ancestors as well. It's not an accident.

And so, you choose to put in place that possibility and it's contained within your DNA. And then, if you exist in this vibrational level, in that incarnational period, you have that possibility that exists as part of your DNA. And as you go through your day-to-day experiences and activities you make certain choices and decisions. You begin to hold concepts that influence that level of your consciousness that we refer to as your dream state, from which you make the choices and decisions and from which you hold the belief systems that are brought into your reality. And as you make those choices and decisions and as you alter your attitudes that are a reflection of your belief systems you begin to change the energy that surrounds your DNA. And as you change the energy that surrounds your DNA you take that possibility of experiencing the cancer disease in your lifetime and you take it from a possibility into a probability. And lo and behold, you have the experience.

That's not difficult for you to grasp. Many individuals can look at that and say, "Alright. If I have a negative attitude or if I make the wrong choices and decisions and I consume the wrong substances into my body then I can understand that I have made choices and decisions that are influencing my reality and I'm experiencing this disease as a result of that choice and decision." It's not a difficult concept for you to grasp.

But what is difficult to grasp is that you can change the belief system. And as a result of changing the belief system, you can alter the DNA, and as you alter the DNA and the energy that surrounds the DNA you take that probability of experiencing the cancerous disease and you revert it back to a possibility and you experience the miraculous cure of, "How did that ever happen?"

You are in this new age and new energy beginning to witness and your scientists can bear testimony to the fact that you are in this particular time and space concept that you're involved in experiencing entities who are reincarnating and bringing with them various diseases that they have inherited from their parents and within a very short span of their lifetime changing their DNA and eliminating the disease, miraculously.

You see, as we have suggested earlier this afternoon, even the child makes the choices and decisions to have the experience when they enter into an incarnational period. And while you may in your so-called awake consciousness state assume that they have no control over what it is they are experiencing, they nonetheless, at that level of your consciousness that we refer to as the dream state level of consciousness, are making choices and decisions that validate beliefs that they hold in their awake consciousness state to alter their reality. And those alterations are indeed becoming alterations that your scientists are beginning to have the capacity to measure in your so-called scientific validation of reality, actual alterations and changes of DNA where the so-called incurable diseases are miraculously dis-occurring.

An interesting phenomenon. [And when one] looks at it you begin to understand that that capacity exists within each and every individual in your entire vibrational level. Those entities that are reincarnating as the children that you in your so-called new age society, that many are referring to as the Indigo Children, are the same entities that have been existing on this vibrational level since it began. They're not new. They simply bring into that incarnational period the belief that they've chosen in their between incarnational period to believe that it's possible for them to have that influence on their reality creation so that they can have the experience. And it's within each and every entities' capacity to do so as well. You have but to believe.

A difficult problem with this reality creation process is the belief system; the rest is automatic. The reality you experience is a reflection of the belief that you hold. And when we suggest that you make those choices in the between incarnational state that's to give you an example that's based upon your belief in time and space. You don't have to die to do it. That level of consciousness exists continuously. You have but to believe that it's within your capacity to alter the belief system and you will alter the reality, absolutely.

Does that answer your question?

Questioner: Yes, thank you.

Questioner: Anybody else?

Questioner: My Monroe friend got one, asked if I would ask. If he can go into the past, win the lottery, and experience it now, and I presume remember it, has he done such a thing?

Joshiah: (*Laughing*) Absolutely. It's an illusion. Some entities in your vibrational level, an awake consciousness state, have understood that it's within their capacity to alter their reality consciously. Some of those individuals when other entities existing in that incarnational period have witnessed them having that kind of instantaneous impact upon their reality have assumed that they are somehow superior. You put

them up as gods. "Ah, only a god could accomplish such a thing." Well, you're all gods, you can all accomplish it. The only difference is that some believe they can and some believe they can't.

The irony of it is that when you begin to understand that it's within your capacity to create your reality then what it is that you desire to create many times has an alter, a drastic alteration. It's not. You see, when begin to believe that it's possible to have it all then why would you want it all?

You see, many individuals when they begin to understand that concept, when they begin to understand that they can have whatever it is that they desire, whenever they desire, begin to only desire that which is necessary to sustain their existence. The rest becomes like baggage, if you wish, very difficult to manipulate and to operate within. When an individual, for example, understands that it's within their capacity to experience travel of any type and they can have it when they desire, then why on Earth would they line up a fleet of cars just because they can do it? Doesn't make any sense to spend all of their time looking after the fleet of cars instead of getting in one and driving, you see.

And so it is, when one begins to understand that it's within their capacity to have what they want. When they begin to understand that you actually can go back and change your reality and you can bring back memories of that alteration of your reality then why would you want to do so? If you can have whatever it is you desire when you desire to have it, then why would you stockpile it?

And many of those individuals, once again, who have grasped that concept in their awake consciousness state have been put up as being some type of god, as being some type of superior individual, and your so-called other rest of your society begin to worship them.

The irony of it is that without exception each of those individuals who understood that it was within their capacity to alter their reality consciously have continuously stated that what they do each of you can do as well. They have never put themselves up as being superior, but rather have suggested that it's a simple understanding of your reality creation process, of accepting the responsibility for the experience that you're having in your so-called awake consciousness state. And understanding that as you alter your beliefs you can alter your reality.

And when you alter your beliefs you begin to understand that you can have whatever it is that you desire, your desires by all likelihoods will have a drastic change. And winning the lottery does not become an important aspect when you know that it comes with it as well many, many difficulties because of your societal beliefs that are associated with winning that lottery.

Many individuals believe that accumulation of wealth will solve all the problems. And ironically for many it creates many more problems than they had before they accumulated the wealth. And for those who understand that accumulation of wealth is but a validation of a belief system then accumulating it usually has very little significance. A rather ironic concept, but nonetheless very accurate. When you change your beliefs you will change your reality.

We have suggested in the past that when you choose to enter into this so-called new age and new energy and to accept the responsibility, be aware because you cannot go back, and say, "Well, I'm going to accept the responsibility today but tomorrow there's something coming up that I don't want to occur and so at that time I'm not going to accept the responsibility."

You can't go back. When you begin to understand the concept, when you begin to apply the concept and you begin to realize that it works, that what you would believe is reflected in the reality that you're experiencing then you as well begin to understand that even the negative realities that you are experiencing are a reflection of your beliefs. And you can't go back.

And many times relationships are drastically altered and many times what you thought you wanted has a drastic change. The flip side is that you begin to understand as well that you are a spark of consciousness that has the capacity to create. You begin to like who you are and you begin to love yourself consciously. Either way, the spark of consciousness that you are creates whatever it is that you desire to experience and it does so from that position of absolute unconditional love. And if you wish to go back and have an experience [and] an altered state of consciousness where you are involved in any type of reality creation process, you can have that. Absolutely. The only limitation to the reality you experience is the belief that you hold.

Does that answer your question?

Questioner: Yes. Thank you.

Questioner: I guess I have one, too. I'm sure you've gone over this many times but it's what I'm working on right now. So, how is it that a person changes a belief?

Joshiah: The method or the technique is not nearly as important as your belief in the method or the technique. That's the difficult part. You see, we can tell you how to change a belief and some will apply that and it will work well and others say, "Well, I don't believe that'll work."

What do you believe will work? That's the difficult part. What do you believe will work? Imagination is an absolute essential part of creation process. You see, if you can't imagine it, how can you achieve it or accomplish it? Imagination. What is it that you desire? You see, the reality that you're experiencing and all the entities in this vibrational level are experiencing is a

reflection of what it is that you desire. But some will say, "Well, I don't desire to experience any type of reality that's what you refer to as a negative reality." A person might have a very difficult disease that you're dealing with and they say, "Well, I certainly didn't desire to have that." Perhaps not, that particular aspect of the creation process. But you desire to experience certain elements to validate beliefs that you hold.

If you believe, "Well, if I consume this particular type of food and if I exist in this type of lifestyle then I'm going to experience this negative reality," and if you believe that it's not within your capacity to control that, then you'll have it. If you believe that it's not worthy of you to be above that, but that's what happens, "Everyone tells me I have all types of validation that if you do this and this and this, this is the result. That's how our, our reality works," if you believe that then you will have it. The spark of consciousness that you are creates it to validate the belief you hold and if you don't believe it, then it won't happen.

There's all types of examples of individuals who defy the odds, who don't follow the rules, and yet experience what you might refer to as very desirable realities. It's because of what they believe. And so, the reality you experience reflects your desires. Understand what it is that you desire.

Individuals involved, once again, in this awake consciousness state have a very difficult time putting down what it is that they truly desire. You see, truly desiring and saying it would be nice to have it are two different things entirely. To desire it is to own it. Absolutely. And when you own it then you have the most important aspect of the entire process and that's the expectation that it will come into your reality. All of the rest is for naught. If you don't believe that it's possible for you to achieve it, then you won't. You won't have that which you desire, consciously. You will have that which you desire which is a validation of the belief that you can't have it.

And so you must have the expectation. You must truly expect that to come into your reality. You must expect that it's within your capacity to alter your reality by altering your belief systems. Understanding the belief system, many times, is the most difficult aspect.

Some of your new agers will say that you have to pay attention to your attitude, and your so-called psychologist will say you have to hold a certain attitude if you wish to have that in your reality. We would suggest that the attitude is a reflection of the belief. Pay attention to the spontaneous attitude, not the one that you consciously put in place, but the spontaneous attitude.

You're involved in an interaction with another individual and [then] you suddenly develop this feeling and this attitude and you look at yourself, say, "Whoa! Where did that come from? I'm not supposed to have that type

of feeling. I'm not supposed to have those attitudes." So you put it aside and you consciously choose the attitude that you're supposed to hold. But it's that spontaneous attitude that's the reflection of what the true belief is or the belief system that you hold.

And that's another complicated part of the process. We continue to break it down and say that your reality's a reflection of the belief that you hold. But beliefs are contained in what we refer to as belief systems. You understand that every element in your entire conscious state, in your so-called universe, is comprised of atoms, and it's the composition of these atoms that make up the molecules, and it's the composition of the molecules that make up the so-called solid matter that you exist in and that you experience.

And yet, when you break it down all of the substance that you are experiencing, all of the elements, can be broken down to atoms which are quite similar. They have different characteristics in terms of your nucleus and your protons and your electrons, but nonetheless, the density may change but you understand that the make-up is quite consistent, quite similar, and so it is with beliefs. The make-up is quite similar, but it's a combination of belief systems, similar to the combination of atoms that form your molecules to give you a substance, so it is the combination of beliefs into belief systems that create the reality.

And so you may think, "Well, I want to hold a belief system that I'm going to experience a certain type of abundance." But you hold within that belief system a bunch of other beliefs that you're not worthy, that it's not possible for you to create that. But that's just a really nice story, it's a nice fairytale, but it really doesn't work." You hold a belief that way down inside, "It would really be nice if there was this angel that was creating and looking out for me, so that I didn't have to worry about that. If I just throw it out there and allow the universe to take control of it for me," then you don't have to accept the responsibility for the reality creation, even though, you put out this belief, "I'm going to hold this belief that I can create whatever it is I desire." And yet, contained within that belief system are all of these other so-called conflicting belief systems that are having a greater influence than that one individual belief that you desire to change.

Many times, and we hesitate to give any type of method or technique that one should follow, but going withinside, meditating, asking for assistance from that spark of consciousness that you are to bring into your conscious state a grasp of the understanding of the beliefs that you hold, can be quite beneficial.

As well, beginning to like who you are, so that you love yourself consciously, and when you begin to love yourself consciously, you begin to grasp as well the belief and the concept that it's possible for you to create your reality from a position of self love. Which you do; you just don't believe it in your so-called awake

consciousness state. And you begin to like yourself by, once again, choosing a list of principles, applying the principles when the opportunity presents itself. And as you apply the principles you strengthen the character, and as you strengthen the character you begin to like who you are, and you begin to like who you are, others will begin to like who you are as well, and you begin to flourish and you begin to love who you are. And when you begin to love yourself consciously then you begin to look at your entire existence from an entirely different perspective and you begin to have that capacity to go withinside and as you go withinside you bring into your so-called awake consciousness state an understanding of what it is that's causing you the difficulty in creating and experiencing the reality that you desire. You begin to believe, as you love yourself consciously, that it's possible for you to have that expectation, that validation that you are indeed a worthy individual capable of self love and of loving others and have others loving you.

Every experience that any individual is involved in in this creation process in your conscious state, you do so for the purpose of experiencing the emotions and feelings that are [the] result of that experience and interaction.

As we have done so many times before, we would challenge anyone to look at any activity that you're involved in and to break it down to the essentials of why you're involved in it and you will come to the conclusion that there are certain emotions and feelings that you desire to experience. Always, without exception.

And so if you wish to alter a certain belief system then understand that you're involved in that particular reality creation process so that you can experience the emotions and feelings that surround it. And if you don't like those emotions and feelings, if they're validating a particular belief system that you choose to not have within your creation process, then begin, once again, to like who you are, to love yourself, to pay attention to the attitudes, the instantaneous attitudes that are a reflection of the belief that you hold, that spark up when you're involved in an interaction or a day-to-day activity, to get glimpses into the belief system, and as you love yourself more have that capacity to go withinside and to consciously bring into your so-called awake conscious state an understanding of the belief system so that you can alter it, so that you can make the choices and decisions, so that you can hold, indeed, the thoughts and the feelings and the emotions that will influence your so-called level of consciousness from which you make the decisions that are influenced and experienced in your reality, from which you make those agreements and contracts with individuals to have that type of reality experience to validate the belief systems.

Have the desire to bring into your conscious states the understanding of the beliefs and belief systems that are influencing your reality. And you can change it, absolutely guaranteed. To change a belief you must first of all understand what the belief or beliefs are that you hold within a certain belief system, and then make a conscious effort to change them. It's really that simple. Particularly in this new age and new energy that you're entering into when you as a group of entities involved in this so-called creation process and a conscious state have agreed to alter the energy that allows you to consciously make that decision to alter your reality by altering your beliefs and your belief system.

It lies within everyone's capacity to do so. You have but to believe. Perhaps the most difficult aspect of this creation process is to believe that you can.

Does that answer your question?

Questioner: Very completely. Thank you.

Joshiah: Well, now. It has indeed been a very enjoyable interaction and afternoon and we would like once again to express our gratitude to each of you and we would remind you that we are not separated by time or space but rather by a vibrational level and should you choose to interact with us you have but to express the intent and we would welcome that opportunity to interact and to share with each of you. And so, until the next time that you offer us this opportunity we would bid each of you farewell, with love and with peace. ❀